

September Fruits and Vegetables 2010

7th Apple - Do you know why apples float? Because one-fourth of each apple is air. Apples are members of the rose family.

8th Cucumbers are 90% water and are native to Northwest India.

9th Radishes originated in China. They come in red, white and black. The largest one is 100 lbs.

10th Plums came to the U.S. from Japan in 1870, but were originally grown in China. They are high in vitamin A and C

14th Tomato is actually a fruit. In 1893 the U.S. Supreme Court ruled they be considered a vegetable.

15th Blueberries help with short term memory, and help with balance and coordination.

16th Peppers come in red, green, yellow, orange, white, purple and blue. They are the best source of Vitamin C.

17th Pluot is a cross between a plum and apricot.

20th Grapes are grown locally in Washington, Payette, Gem and Canyon Counties. The earliest grapes grown in the U. S. was 1769; they were brought over from Spain.

21st Carrots were originally purple. Carrots are good for night vision.

22nd Peaches were first grown in China. The Spanish brought them to the U.S. in the early 1800's

23rd Cucumber's inside temperature is usually 20 degrees cooler than the outside. That's where the old saying "Cool as a Cucumber" comes from.

24th Strawberries are the only fruit to have their seeds grow on the outside. There are about 200 seeds on each berry.

27th Pears date back to ancient times. They ripen best off of the tree.

28th Cabbage comes in green and purple. It is a source of Vitamin C.

29th Prunes have the highest antioxidants of any fruit. They help to prevent some forms of cancer, and improve memory.

30th Peas are over 10,000 years old. Peas can be eaten raw or cooked.

Oct. 1st. White peaches taste sweeter and ripen faster than the yellow peach.